

WHAT IS STRESS?

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A coordinated set of physiological and behavioral responses that the brain engages to meet a challenging situation

Chronic stress can lead to:

Diabetes, heart disease, anxiety, depression & addiction.

HOW DO WE MANAGE STRESS?

1. Identify the stressors
2. Decrease situational stressors that you can control
3. Ask for support
4. Bring compassion to yourself
5. Move your body and exercise your mind
6. Get good nutrition and sleep
7. Find your best relaxation techniques



Try meditation: The goal is to focus the mind for a period of time and empty it of thoughts and actions that are battling for our attention. Meditation can be quick (only 10 minutes per day to gain benefits) and, once learned, can be a powerful tool for both stress reduction and relaxation.

- Sit or lie comfortably. Close your eyes.
- Make no effort to control the breath; simply breathe naturally.
- Focus your attention on the breath or on how the body moves with each inhalation and exhalation.

Visit for more! <https://www.nytimes.com/well/guides/how-to-meditate>

Try an app: Headspace, insight timer, calm, the breathing app and more

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Managing job stress

Interpersonal (relationship challenges with coworkers and supervisors)

- Openly communicate with our supervisors about our concerns and work challenges while reviewing and clarifying expectations
- Ask for feedback, creating a strength-weakness analysis
- Identify needed resources for project completion
- Ask about job appreciation and incentives that are directly tied to job performance/evaluation

Intrapersonal (pertaining to our personal challenges)

- ***Get organized*** because having a plan for the next day is the best method to keep track of projects, progress and due dates. Keeping a calendar can help us stay organized and also strengthens your time management skills.
- ***Avoid procrastination***, which goes hand in hand with staying organized. We all procrastinate in some aspects of our lives, but at work, this can lead to stress overload and even burnt-out. One essential skill for this is learning how to prioritize and set short and long-term goals.
- ***Set boundaries*** means learning to say no when too many tasks are being requested. This does not mean we are not a team player; it means that we are focused on our primary responsibilities and what is expected of us from our manager and job.
- ***Delegate*** if you are in a position to do so. Delegation requires the strength-weakness analysis skill, which helps us identify who will perform best on certain projects, while we stay focused on projects that can be completed by our own strengths and skills.



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